

ABSTRACT OF THE DISCLOSURE

A refrigerating and air-conditioning system is provided to comprise a refrigerating machine connected to a showcase by a first refrigerant flow passage to form a refrigerating apparatus, an air-conditioning apparatus for connection of an indoor equipment and an outdoor equipment by means of a second refrigerant flow passage, which forms a different refrigerant circuit from a refrigerant circuit formed by the first refrigerant flow passage, and a centralized control unit for controlling actions of the refrigerating machine and the air-conditioning apparatus, the centralized control unit being configured to reduce a cooling operation set temperature in the air-conditioning apparatus relative to a fixed value according to a load on the showcase. With such constitution, when a load on the showcase increases, an indoor temperature is reduced by the air-conditioning apparatus, which is relatively high in operating efficiency and small in energy consumption, so that a load on the showcase is reduced, reduction in operating efficiency of the refrigerating machine is suppressed, and an improvement in energy saving quality is achieved.